



## **FIT CITY MONTHLY CHALLENGE -AUGUST**

*Back to school—Get your kids ready for P.E.!*



San Antonio, TX – August 1, 2002

August is back-to-school month and in addition to having the necessary school supplies, children should be prepared for more physical activity this school year. In response to the passage of Senate Bill 19 during the 2001 legislative session, the Texas Education Agency (TEA) has issued new rules requiring public schools to provide 30 minutes of Physical Education a day, or at least 135 minutes each week, beginning with the fall 2002 school year.

In addition to the new Physical Education requirements, the TEA has issued new guidelines to restrict the sale of carbonated soft drinks and food low in nutritional value in school vending machines. Both combined, the new P.E. and vending machine guidelines are a positive step in the fight against childhood obesity, which can lead to diabetes, a growing epidemic among San Antonio youth.

Find out how long it takes your child to walk/run a mile and compare it to the following tables used by the TEA. Check the chart. If your child is not in an acceptable range, commit to providing at least 30 minutes of activity for *and with* your child on most days per week.

For additional information regarding TEA Health & Physical Education Curriculum or to learn more about Senate Bill 19, please visit the Texas Education Agency's web site at [www.tea.state.tx.us](http://www.tea.state.tx.us).

### **Good and Better Times for Girls (in Minutes and Seconds) to Walk/Run a mile**

Age	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+Yrs
Good Time	11:20	10:36	10:02	9:30	9:19	9:02	8:23	8:13	7:59	8:08	8:23	8:15
Better Time	10:06	9:30	9:10	8:21	8:07	8:06	7:35	7:21	7:20	7:25	7:26	7:22

### **Good and Better Times for Boys (in Minutes and Seconds) to Walk/Run a mile**

Age	6 yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs
Good Time	10:15	9:22	8:48	8:31	7:57	7:32	7:11	6:50	6:26	6:20	6:08	6:06
Better Time	8:54	8:31	8:00	7:48	7:10	6:56	6:43	6:25	6:01	5:50	5:40	5:35

### **Health Tips for the Month:**

- Map out a 1-mile course for family members to walk and try to do a little better each time.
- Take a 30-minute bike ride around the neighborhood.
- Play a pick-up game of basketball.
- Go swimming.

For more information on the “Fit City” initiative and to learn about past Fit City Monthly Challenges, visit [www.sanantonio.gov/fitcity](http://www.sanantonio.gov/fitcity). Past messages include "Measure your waist," "Calculate your BMI," "Get out and Play with your kids" and “Drink more Water.”

### **August Activities**

Join Walk San Antonio! It is a **FREE** physical activity program sponsored by the Texas Diabetes Institute to get you exercising 30 minutes at least three times a week. Call 358-7278 or visit [www.sanantonio.gov](http://www.sanantonio.gov) and check out the Fit City information!

**Saturdays in August** - Public welcome to work out **FREE** of charge from 8:00 a.m. - 8:00 p.m. at Family Fitness Unlimited, 517 SW Military Drive. Free weight management classes also available.

**August 2 - FREE** teen pool party sponsored by The CO., 7 to 9 p.m. at Roosevelt swimming pool, 500 Lonestar Blvd. All teens ages 13 to 19 are invited. 102.7 KTFM Street Squad will play music and offer prizes. 207-3000 or [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)

**August 3** - First Saturday Natural History Guided Hike. Friedrich Wilderness Park, 21395 Milsa Road. 9 - 11 a.m. Register by 2 p.m. Aug. 2. \$2 donation requested. 698-1057.

**August 3** – San Antonio Road Runners Fun Runs at Al Backen Pavilion, McAllister Park, 8:30 a.m. **FREE** runs are 3 miles, 1 mile, ½ mile and 100-yard kids’ run. 681-1657 or <http://sarunner.home.texas.net>

**August 31** - San Antonio 5k Run/Walk for Literacy celebrates Literacy Awareness Month. 8:00 a.m. event, registration at 7:00 a.m. Our Lady of the Lake University, 411 S.W. 24<sup>th</sup> Street, Wellness Center – West Campus. \$10 registration fee includes adult t-shirt, on-site \$12. Event is free for children under 12. To register early, call 207-7227.